

ABSTRAK

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PENGARUH POSTUR KERJA DAN FAKTOR INDIVIDU TERHADAP *MUSCULOSKELETAL DISORDERS* (Studi Kasus Pada Pekerja Pande Besi Sektor Nonformal Kota Surabaya Tahun 2025)

xiv + 62 Halaman + 11 Tabel + 7 Lampiran

Pandai besi adalah pekerjaan di sektor informal yang melibatkan produksi benda-benda tajam. Pekerja di sektor ini rentan terhadap gangguan *Musculoskeletal Disorders* (MSDs). Berlandaskan temuan survei pendahuluan melalui observasi dan wawancara pada 10 pekerja di 2 lokasi pande besi didapat hasil : 1) potensi risiko terkena MSDs 10% - 20% termasuk kategori tinggi, 2) keluhan ketidaknyamanan dalam bekerja sebesar 40% termasuk tingkat keluhan risiko tinggi. Penelitian ini bertujuan untuk menganalisis pengaruh postur kerja serta faktor individu (IMT, usia, durasi kerja, dan masa kerja) terhadap MSDs pada pekerja pande besi di wilayah Kota Surabaya tahun 2025.

Studi ini mempergunakan jenis penelitian observasional analitik dengan pendekatan *cross sectional*. Populasinya yakni pekerja pande besi sektor nonformal di wilayah Kota Surabaya sebanyak 34 pekerja, diambil dengan teknik *simple random sampling* dan didapatkan sampel sebesar 31 pekerja. Teknik pengumpulan data adalah wawancara dan observasi. Analisis data menggunakan perangkat lunak SPSS dengan uji statistik korelasi *spearman*.

Temuan studi mengindikasikan bahwasanya mayoritas pekerja pande besi memiliki pengaruh postur kerja terhadap MSDs sebesar 53,8%, usia terhadap MSDs sebesar 40,7%, IMT terhadap MSDs sebesar 60,0%, durasi kerja terhadap MSDs sebesar 45,4%, masa kerja terhadap MSDs sebesar 47,8%.

Berdasarkan hasil penelitian ini didapatkan hasil ada pengaruh postur kerja serta faktor individu terhadap MSDs sehingga pekerja pande besi disarankan untuk melakukan peregangan disela-sela aktivitas pekerjaan.

Kata kunci : postur kerja, usia, IMT, durasi kerja, masa kerja

Daftar bacaan : 23 buku (2008-2017)

ABSTRACT

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THE INFLUENCE OF WORK POSTURE AND INDIVIDUAL FACTORS ON MUSCULOSKELETAL DISORDERS (Case Study on Nonformal Sector Iron Pande Workers in Surabaya City Region in 2025)

xiv + 62 Pages + 11 Tables + 7 Appendices

Blacksmithing is an informal sector occupation involving the production of sharp objects. Workers in this sector are susceptible to musculoskeletal disorders (MSDs). Based on preliminary survey findings through observation and interviews with 10 workers at two blacksmith locations, the following results were obtained: 1) the potential risk of developing MSDs is 10%-20%, which is considered high; 2) complaints of discomfort at work are 40%, which is considered high risk. This study aims to analyze the influence of work posture and individual factors (BMI, age, work duration, and tenure) on MSDs among blacksmith workers in Surabaya City in 2025.

This study used an observational analytical study with a cross-sectional approach. The population consisted of 34 informal sector blacksmith workers in Surabaya City, selected using simple random sampling, resulting in a sample size of 31 workers. Data collection techniques included interviews and observation. Data analysis used SPSS software with the Spearman correlation test.

The study findings indicate that the majority of blacksmith workers have an influence of work posture on MSDs of 53.8%, age on MSDs of 40.7%, BMI on MSDs of 60.0%, work duration on MSDs of 45.4%, work period on MSDs of 47.8%.

Based on results on this study there is an influence of work posture and individual factors on MSDs so that iron pande workers are advised to stretch between work activities.

Keywords : work posture, age, BMI, duration of work, length of service

References : 23 books (2008-2017)